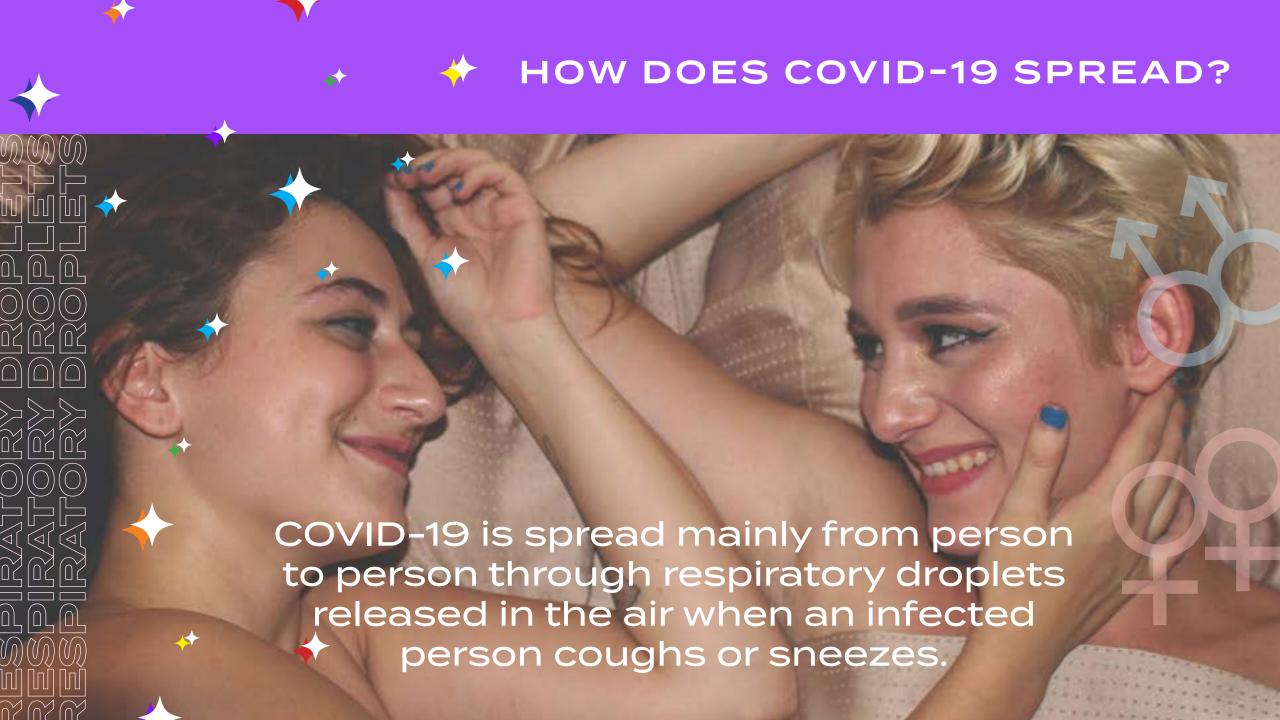




The 2019 Novel Coronavirus (COVID-19) is a new virus that causes respiratory illness. First identified in Wuhan, China, in 2019, COVID-19 belongs to a large family of viruses named coronaviruses.



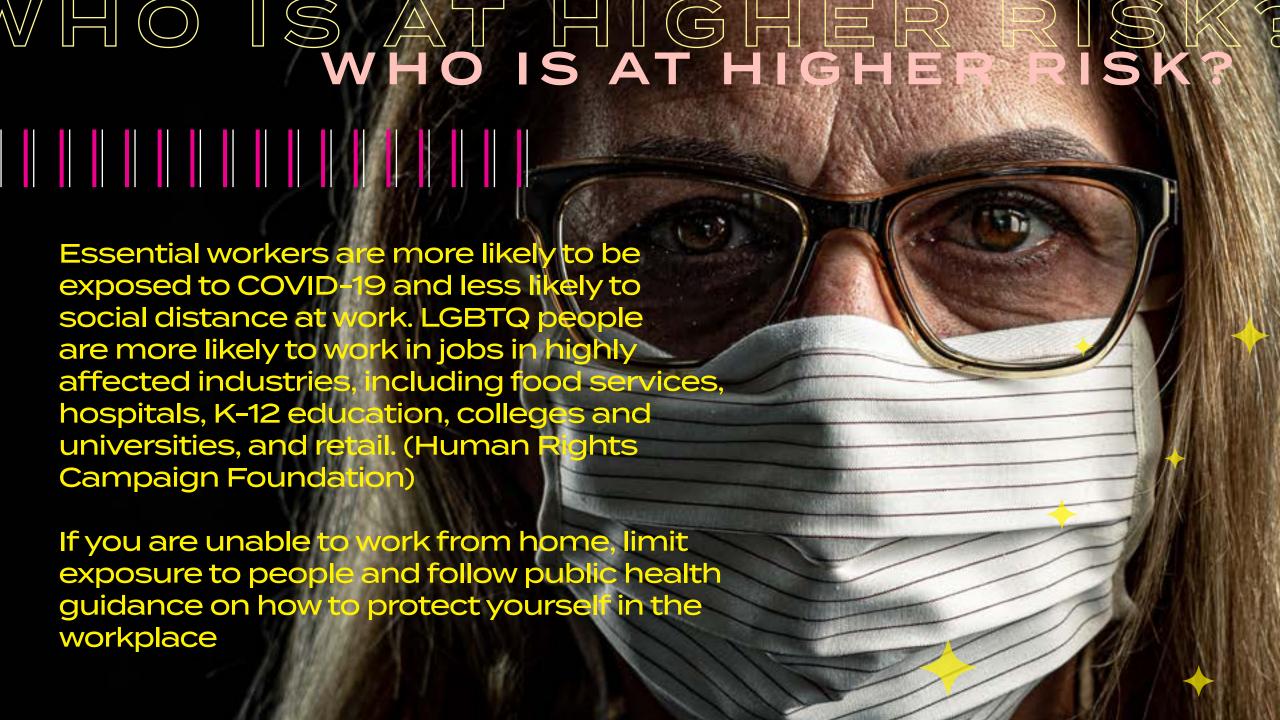


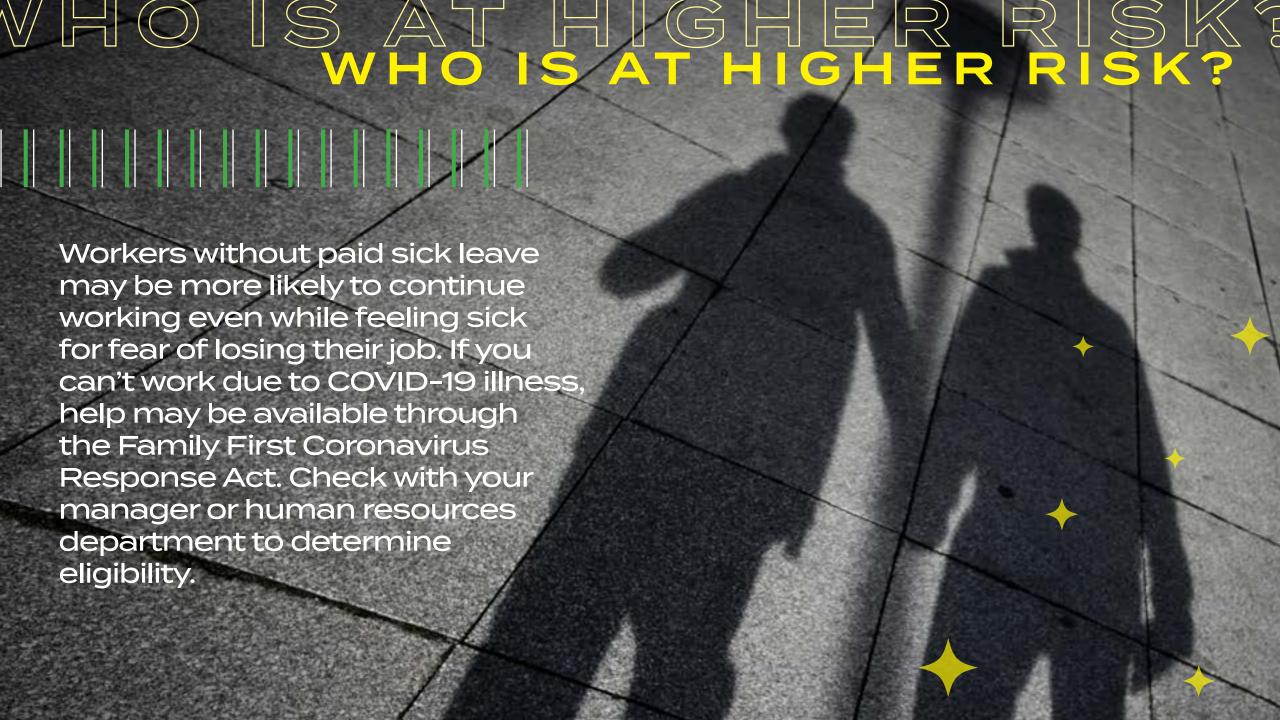
Physical or Close Contact (6 ft or 2 m) with someone who has the virus.











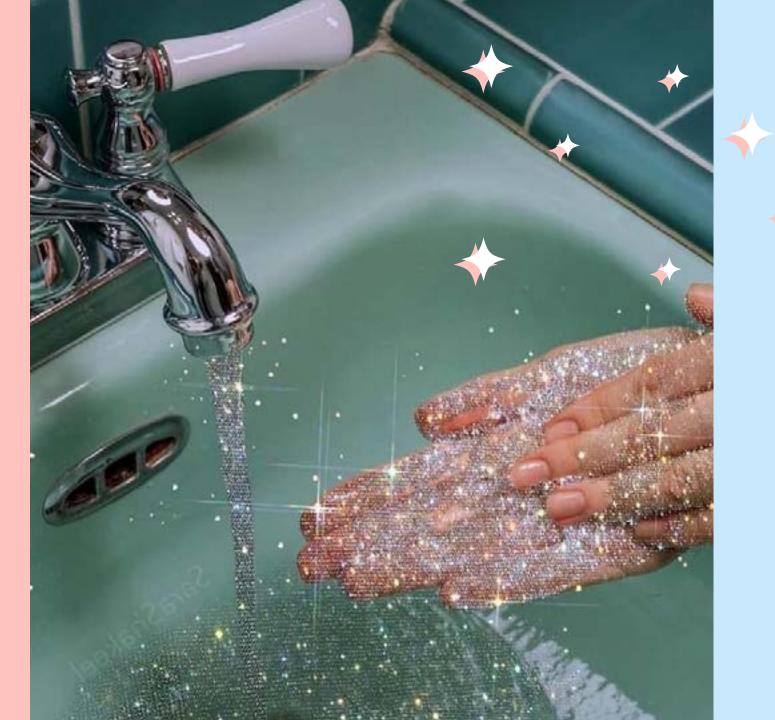
* STAY HOME & **AVOID CONTACT:**

Stay home as much as possible and only leave the house for essential errands like groceries, medications, medical appointments or work.

Some neighborhoods may lack quality grocery stores or businesses that more closely follow COVID-19 sanitizing, social distancing, and capacity limits.



HOW CAN YOU PROTECT YOURSELF?



HAND HYGIENE:

Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol when soap and water are not available.

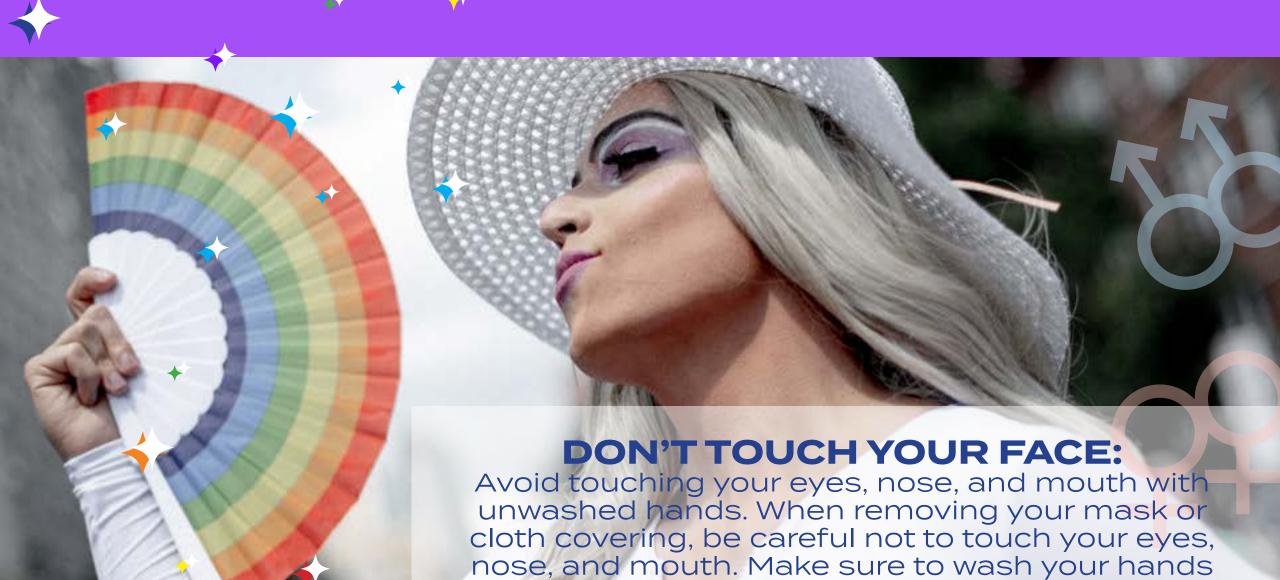


FACE COVERING:

Wear a face covering in public. You should wash cloth face coverings after each use. To properly clean, wash with warm water in the washing machine. Do NOT place face coverings on children under the age of two, anyone who has trouble breathing or who can't remove the covering on their own.

HOW CAN YOU PROTECT YOURSELF?

immediately after removing the mask or covering.





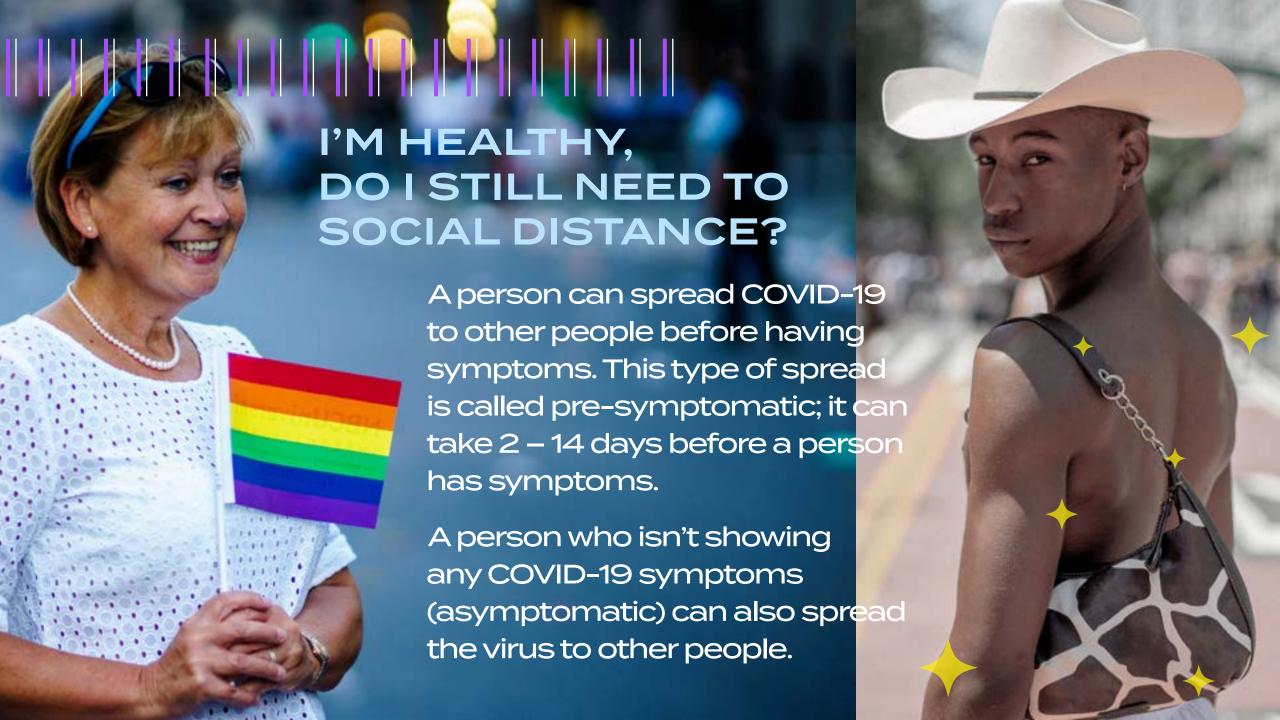


PRACTICE SOCIAL **DISTANCING** means limiting your activities in public or with others that you do not live in your home. Avoid crowds and close contact - try to stay at least 6 ft (2m) from other people. Some people may live in densely populated areas making it more challenging to practice social distancing. There is a higher risk of the virus spreading quickly

Social distancing is the best way to slow → the spread of the virus. It helps protects the people we love and care about. You may have less risk personally, but taking such steps will benefit the whole community. You can infect your parents or grandparents, children, neighbors, coworkers, and even people traveling on the bus!



WHY IS SOCIAL DISTANCING IMPORTANT?



STAY HOME IF YOU ARE SICK.

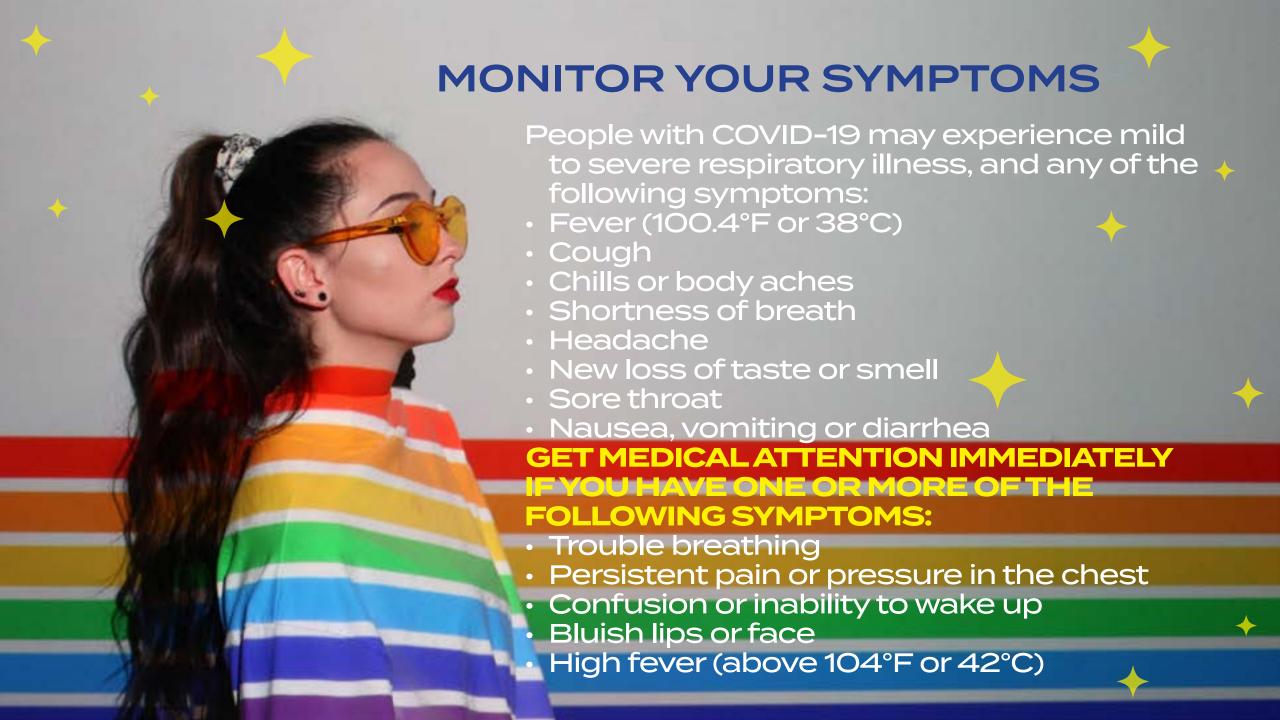
Cover your coughs and sneezes: Cover your cough or sneezes with your elbow or a tissue. Throw away the tissue in a lined trashcan and immediately clean your hands.

Wear a face covering, to help protect people who are unable to wear face coverings.



HOW CAN YOU PROTECT YOURSELF?





WHAT IF I FEEL SICK?

Stay away from others: Separate yourself from other people or pets in your home. Stay in a specific "sick room" and use a separate bathroom, if possible—clean high-touch areas in your "sick room" and bathroom. Only have one bathroom or bedroom, clean and disinfect after each use by the person sick with COVID-19

Wear a mask or face covering over your mouth and nose, anytime you leave the "sick room." Anytime someone enters the "sick room," both persons should wear a mask.

Avoid sharing personal items: Do not share dishes, utensils, glasses, cups, towels or bedding when you are sick. Always make sure to wash your household items with soap and water.

WHAT IF I FEEL SICK?

Have a plan for how your household will care for a sick family member.

- Identify a person who can care for small children or older household members if the primary caretaker gets sick.
- Create an emergency kit with at least two weeks' worth of food, medicine, and other home care supplies.

Some people may not live close to quality grocery stores, pharmacies or medical facilities, making it a challenge to receive immediate medical care or stock up on needed supplies.



LGBTQ youth are more likely to experience homelessness, unstable housing, or live in foster care, often due to family rejection.

GET TESTED!!!

If you believe you have been exposed to COVID-19 or you develop COVID-19 symptoms. FREE testing is available at hcphtx.org or by calling 832.927.7575.

Get tested about 5 days after attending events with a higher chance of spreading COVID-19. Testing too early can result in a false-negative result.

LGBTQ people are more likely than their non-LGBTQ peers to lack health coverage to visit a doctor, even when medically necessary.





There is a small number of animals, including cats and dogs, with confirmed cases of COVID-19. The risk of animals spreading COVID-19 to people is low. CDC recommends keeping pets isolated from people that have a confirmed case of COVID-19.

Identify someone who can take care of your pet. Have an emergency kit for your pet ready-to-go, with at least two weeks' worth of food, medication and preventatives.





It is normal to feel anxious, confused, scared, sad, or angry during a crisis. situations. Older LGBTQ adults are more likely live alone and less likely to have children compared to their heterosexual peers.

- Stay connected with family and friends.Check on older adults or those living alone.
- · Maintain a healthy diet, sleep, and exercise schedule
- · Limit time watching/listening to the news or social media
- Draw on sources of support religious, spiritual, or cultural sources of support

If any of these feelings interfere with your daily life, contact a mental health provider or call the Texas COVID Support Line at 833-986-1919 for free.

Find other mental health resources at: findtreatment.samhsa.gov/locator



- COVID-19 doesn't recognize race, nationality, or ethnicity
- Wearing a mask does not mean that a person is ill
- Show compassion and support for those more closely impacted
- You can stop the stigma.
 Only share accurate information
- Correct your social circle if you hear, see, or read misinformation or harassment

SOURCES

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